



**SCORE!**  
 Make sun safety part of your uniform.



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## **CHECK THE UV INDEX!**

- Look at the weather forecast in the newspaper or online
- Higher number (1 to 11+) = greater UV
- Take extra precautions on days with an Index of 6 or above

## **LIMIT UV EXPOSURE!**

- Practice indoors, early in the morning or late in the afternoon
- Chill in the shade during breaks
- Be aware of reflective surfaces like cement, snow, sand and water that can increase your UV exposure
- Don't get a sunburn
- Don't use tanning booths and sunlamps

## **COVER UP WHENEVER POSSIBLE!**

- Choose to wear cool and wicking long-sleeved shirts and long pants
- Wear a hat! Wide-brimmed hats are best, but any hat is better than no hat

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- Wear tightly-woven fabrics (ones you can't see through when held up to the light)
- Cover your eyes with 100% UV blocking sunglasses
- Consider using a full body swimsuit when swimming outside

## **USE SUNSCREEN!**

- Wear broad-spectrum sunscreen and lip balm that protect against UVA and UVB
- Use at least SPF 15, but use SPF 30 if you'll be outside all day
- Apply sunscreen before going outside
- Reapply every 2 hours or more often after swimming or sweating
- Helpful hint: You can use lip balm on your eyebrows to keep sunscreen from dripping into your eyes!

## **START A HEALTHY HABIT!**

- Watch your moles and other skin spots
- Report unusual skin changes to your doctor

*Warning: Do not depend on sunscreen alone. Combine sunscreen with wide-brimmed hats, UV-protective sunglasses and tightly-woven clothing to increase your protection against UV radiation.*

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